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Apparatus for forward and reverse transfer of fluids through capillaries, consisting of at least one capillary, a pressure generating or housing means, which preferably includes a box, having first and second means for aligning the capillaries from one set of wells to a second set of wells, and applied pressure differential transfers small amounts of liquid uniformly and in parallel. A method of accurately controlling a desired volume of fluid flow is particularly useful for transferring liquids to and from a microtiter dish to a Capillary Array Electrophoresis Microplate having liquid wells spaced in a radially symmetric configuration, or for maximizing desired transfer of the like or improved novel enhanced patterned arrays.